

## Objective 18: Increase Access to Healthy Food

Maryland SHIP Vision Area 3: Healthy Physical Environments  
Tools, Resources, and Promising Practices  
updated February 2012

### Tool Intended Audience

[General Public](#)

[Clinicians](#)

[Planners](#)



### *Information, Facts and Figures*

#### [The Community Guide—Promoting Good Nutrition](#)

Provides information and tips for promoting healthy food and good nutrition.



#### [The Food Trust—Healthy Community Store National Network](#)

Includes resources to improve healthy food options in community stores and improving access to healthy food.



### *Maryland Services and Hotlines*

#### [The Fresh Food Financing Initiative](#)

A statewide financing program designed to attract supermarkets and grocery stores to underserved urban and rural communities



#### [Healthy Stores Project](#)

A store based intervention that encourages storeowners to stock fruits, vegetables, whole grains, and other healthy foods, educates consumers about nutrition, and uses signage to identify healthy choices.



#### [Farmers Markets](#)

Resources for locating nearby farmers markets in Maryland.



### *Promising Practices*

#### [Food Retail Expansion to Support Health \(FRESH\)](#)

It offers zoning and financial incentives to promote development of new full-service food stores and renovation of existing stores in areas that lack fresh food access. These stores provide customers with a full range of products, with an emphasis on fruits and vegetables.



#### [Healthy Bodegas](#)

It plans to increase healthy food purchases in bodegas (small corner stores), which are commonly found in food deserts, by having them stock and advertise healthy food products. The initiative also works towards raising awareness of the nutritional benefits of healthier foods to get more customers to purchase these items.



#### [Obesity Prevention Motion](#)

It sets nutritional standards for food sold at school sites, such as vending machines and school stores. The plan also includes expanding the variety, visibility, and accessibility of healthy food at these sites while eliminating any contracts made with fast-food companies.



#### [SNAP benefits at farmers markets](#)

Increasing SNAP benefit use at farmers' markets. -Implement "Health Bucks Program" in low-income areas: offers \$2 coupons for the purchase of fresh foods and vegetables at farmers' markets and an extra \$2 Health Buck for every \$5 spent using Electronic Benefits Transfer (EBT).



#### [Community Food Projects](#)

-Projects such as farmer's markets, community gardens, local food production and promotion, youth agricultural and culinary training programs -



#### [Community Food Projects Grants](#)

Provides information about the USDA's Community Food Projects Competitive Grant Program (CFPCGP).

